



# **Holiday Online Safety Guide**

**For Parents**

**Dear Parent/Carer,**

**With the holidays approaching, your daughter, along with most children and young people all over the country, will be spending more time on devices. Whilst your daughter deserves a good break, it is important that parents ensure that devices are being used safely.**

**This includes setting parental controls and understanding that video games have PEGI ratings similar to the classification for films.**

**Other things that you may want to consider is managing screen time so that you can monitor the amount of time being spent on each device.**

**It is also important that parents (and students) to know how to report harmful content.**

**We hope this short guide can help you navigate the online world!**

# 12 tips to keeping safe online

1. **Set parental controls on all devices** (See <https://www.internetmatters.org/> for a how-to guide)
2. **Talk about safe selfies** (learn more [here](#))
3. **Set a digital sunset** (never heard of this? Read more [here](#))
4. **Manage screen time** (click [here](#))
5. **No tech at mealtimes or before bed**
6. **Be aware of the risks of social media** (click [here](#))
7. **Set up home internet filtering**
8. **Don't share personal information** (including sharing your account details with others – even your friends!)
10. **Learn how to report online abuse** ([here](#))
11. **Talk to your children about e-safety**
12. **Remember online stranger danger** (see [here](#))

*Remember the BILLBOARD rule*

If you wouldn't want that photo, comment or post put up on a billboard for everyone to see, then you shouldn't post it.

You can watch a short helpful video “Top Tips for Parents”

[Miss Kossar's Top Tips for Parents - Internet Safety](#)



